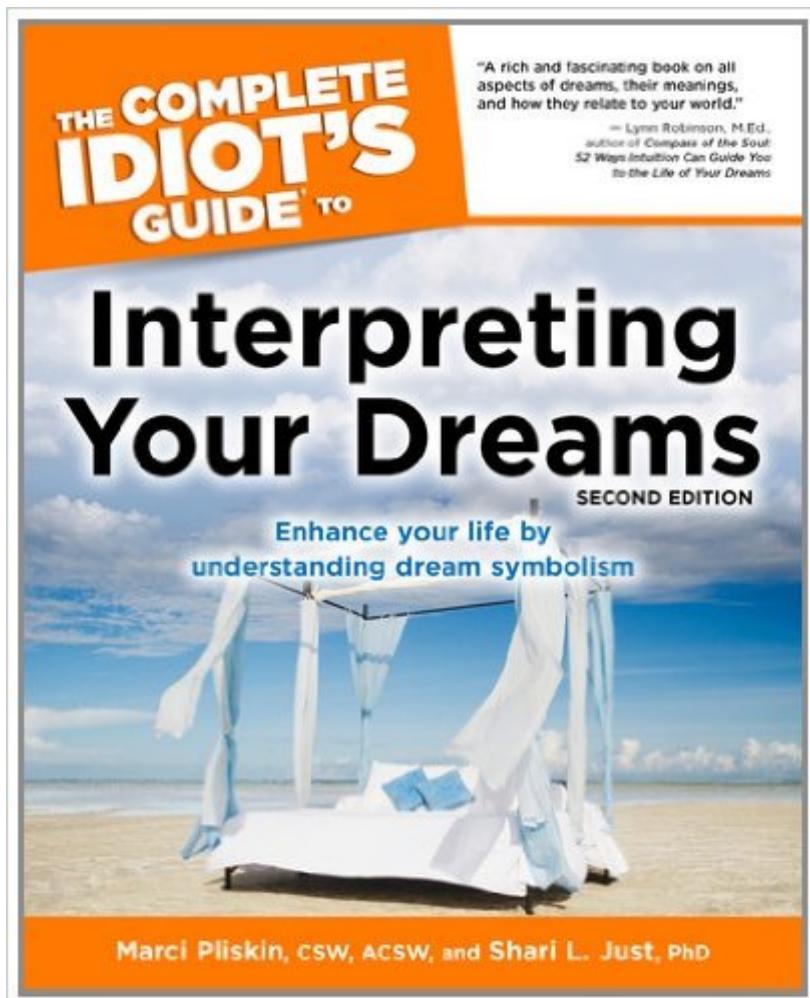


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# The Complete Idiot's Guide To Interpreting Your Dreams, 2nd Edition



## **Synopsis**

Unleash the deep secrets of sleep... This completely revised edition adds fascinating elements of New Age interpretation, including psychic dream ability, dreams as spirit communication, and lucid dreaming, to a comprehensive guide to dream interpretation. &#x80; Completely revised and updated &#x80; Includes a new chapter on creating an environment conducive to sleep and dreaming &#x80; Offers hands-on exercises and quizzes &#x80; A consistent top seller &#x80; New Age dream interpretation is a growing trend-this edition includes more information on New Age techniques &#x80; More than 440,000 websites are devoted to this topic

## **Book Information**

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Best Sellers Rank: #1,484,777 in Books (See Top 100 in Books) #116 inÂ Books > Arts & Photography > Music > Musical Genres > New Age #1089 inÂ Books > Health, Fitness & Dieting > Mental Health > Dreams #42969 inÂ Books > Religion & Spirituality > New Age & Spirituality

## **Customer Reviews**

This book explains many points of view on interpreting dreams, but only gives the big picture, not getting into too much detail. It's a great introduction to the subject, but not for use afterward on a daily basis. Also disappointing, it does not contain a dictionary of symbols and/or typical sightings in dreams. I guess they expect you to buy one. In that case, it should not be called "Complete" ... there are many more books I'd rather have on hand for reference.

This book is well researched, fun to read and knowledgeable about the world of dreams from past to present. I especially liked the sections on "Dreaming Through The Life Span" and the section on what my dream symbols MAY mean. This is the only book you need to get to learn about dreaming!

I've read a lot on dreams. This book is by far the most comprehensive and easy to read. It's not goofy or too wedded to any one way of looking at dreams. The writing is really lively and humorous. And there is a lot of well-researched information, especially on the science of sleep. I'd say: buy this one!

Its got a lot information about the dreams. I am sure you find some information that will help you with your dreams. A rich and fascination book on all aspects of the dreams, their meanings, and how they relate to your world. The exercises will help you unlock the creative powers of your dreams. The book gives you advice on how to create the perfect environment of sleeping and dreaming. Its easy to understand the introduction to the New Age dreaming.

I love the dream scape and the methodology of interpretation so I was excited to get this lil diddy.....until it arrived, not only does it NOT cover the most basic of dreams ie colors, people, places, things, it does little to provide more then cursory insights which left me dumbfounded and exasperated. On the other hand, if you are just looking for a bit of fun, have at it.....you and the book will be best buds!

Marci Pliskin and Shari L. Just wrote this manual on "Interpreting Your Dreams." I found their ideas ordinary. Keeping a dream journal, looking for colors or recurring events, these are not news. The index to the book offers the main subjects, not always the subjects I sought. It is probably the editing that created such a superficial look at dreams. The series seems aptly titled.

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